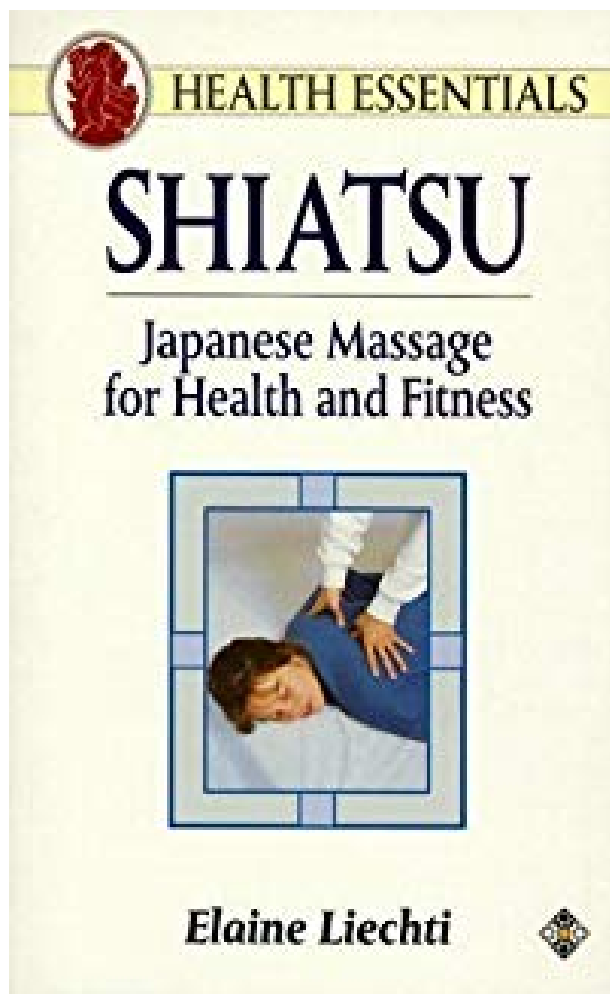


# Shiatsu: Japanese Massage for Health and Fitness (Health Essentials)



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Shiatsu means "finger pressure" and is an ancient and widely practiced form of Oriental massage. It restores a balanced flow of energy and encourages vitality and well-being. This guide explains the principles and history of shiatsu and massage techniques to improve stamina, concentration, digestion, and posture. Illustrated.